

ABSTRACT

**METHODS AND COMPOSITIONS FOR INCREASING  
THE ANAEROBIC WORKING CAPACITY IN TISSUES**

5                   The invention provides compositions comprising beta-alanylhistidine peptides  
and beta-alanines, and methods for administering these peptides and amino acids. In one  
aspect, the compositions and methods cause an increase in the blood plasma concentrations  
of beta-alanine and/or creatine.

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